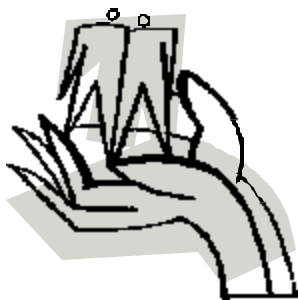


50 Ways to Show Young People You Care!

These are PROVEN ways to help youth grow

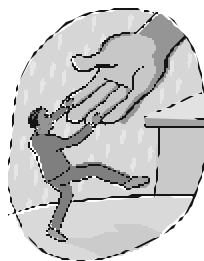
- ★ Notice them.
- ★ Acknowledge them.
- ★ Learn their names.
- ★ Look into their eyes when you talk to them.
- ★ Listen to them.
- ★ Be nice.
- ★ Set boundaries that keep them safe.
- ★ Be honest.
- ★ Ask for their opinion.
- ★ Be yourself.
- ★ Listen to their stories.
- ★ Hug them.
- ★ Build something together.



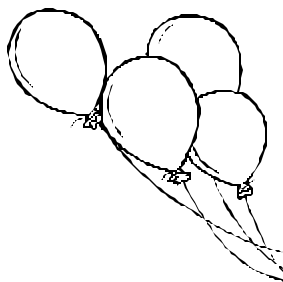
- ★ Forget your worries sometimes and concentrate only on them.
- ★ Stay with them when they're afraid.
- ★ Ask them about themselves.
- ★ Suggest better behaviors when they act out.
- ★ Do what they like to do.
- ★ Give them space when they need it.
- ★ Tell them what you expect of them.
- ★ Answer their questions.
- ★ Tell them how terrific they are.
- ★ Use your ears more than your mouth.
- ★ Be consistent.
- ★ Apologize when you've done something wrong.



- ★ Ask them to help you.
- ★ Keep the promises you make.
- ★ Make time to be with them.
- ★ Thank them.
- ★ Let them tell you how they feel.
- ★ Give them lots of compliments.
- ★ Encourage them to help others.
- ★ Have fun together.
- ★ Encourage them to think big.
- ★ Tell them how proud you are of them.
- ★ Help them learn something new.
- ★ Support them.
- ★ Catch them doing something right.



- ★ Believe in them.
- ★ Expect their best; don't expect perfection.
- ★ Respect them.
- ★ Trust them.
- ★ Go places together.
- ★ Give them good choices.
- ★ Welcome their suggestions.
- ★ Share their excitement.
- ★ Help them learn from mistakes.
- ★ Notice when they grow.
- ★ Appreciate their individuality.
- ★ Love them, no matter what



For more information on how you can help young people
succeed, contact



www.sanantonio.gov/projectWORTH

645-6696

207-8850

Educational Programs

Project WORTH Teen Clinic

These 50 Ways were selected by San Antonio youth.